

(TMI Focus, Vol. XXVI, No. 1 & 2, Winter/Spring 2004)

MEMBER CDS

Access to Information and Access to Energy

These two member exercises, *Access to Information* and *Access to Energy*, provide unique opportunities for extended exploration within what Bob Monroe called the Access Channel. This powerful window or gateway is especially valuable for communicating with all levels of self, including the cellular level. Whether retrieving information from one's personal library of knowledge and experience or contacting the sources behind one's personal energy to be better able to direct and control its expression, these exercises offer practical tools for enhanced functioning in all aspects of one's everyday life.

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